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MARK-PAUL GOSSELAAR GRADUATES FROM BAYSIDE AND NAVIGATES THE COLLEGE YEARS TO FIND HIMSELF AS A LAWYER IN THE COMEDY-DRAMA FRANKLIN & BASH PAGE 12

Trouble ahead for London: Spirit world

The mayor, Knights and economy will have a rocky future, says a psychic at the London Psychic Expo PAGE 3

Western's wild weekend (in pictures)

Cops crack down on street drinking, the Mustangs trample the Gaels in official homecoming game PAGE 4-5

Top Knight forward back in the saddle

After four pre-season games with the Phoenix Coyotes, Max Domi returned to OHL action this weekend PAGE 17

Loubani and Greyson ordered detained for 45 more days

Supporters of Tarek Loubani and John Greyson have been wearing these buttons and badges aimed at drawing attention to their case. ANGELA MULLINS/METRO

Egypt. Family again calls for Stephen Harper to intervene

The call on Sunday was clear: The prime minister needs to get involved.

The families of Londoner Tarek Loubani and John Greyson were "disappointed" to hear the men's detention in Egypt had been extended for another 45 days.

But, following a statement Friday by the country's attorney general that more investigations were needed, they were not surprised.

Greyson's sister, Cecilia Greyson, told Metro the Canadians, who have not been charged with any crime, are tired but physically OK, based on what their lawyers have said.

The families can't talk directly to the detained pair except for sending single-sentence messages.

But a hand-written statement from Loubani and Greyson, released Saturday, told of harrowing prison conditions, long nights among cockroaches on concrete floors alongside 36 other political prisoners, and beatings while their attackers screamed the word "Canadian."

Although grateful for the help from the Canadian government, including direct representations by Foreign Minister John Baird, Greyson's family want that to be stepped up.

"The Minister of Foreign Affairs has been very concerned about the case," said Cecilia. "Minister Baird spoke to the Egyptian foreign minister on a couple of occasions this week.... We know they're very concerned about this case and working closely with the families.... It may be time now that Prime Minister Harper talk to his Egyptian counterpart."

Loubani is an emergency-room doctor in London and an assistant professor at Western University. Greyson is a film professor at York University in Toronto and went to school in London.

Their statement from prison makes for tough reading: "We've been held here since August 16 in ridiculous conditions: no phone calls, little to no exercise, sharing a 3m x 10m cell with 36 other political prisoners, sleeping like sardines on concrete with the cockroaches; sharing a single tap of earthy Nile water."

The men said they were "arrested, searched, caged, questioned, interrogated, videotaped with a 'Syrian terrorist,' slapped, beaten, ridiculed, hot-boxed, refused phone calls, stripped, shaved bald, accused of being foreign mercenaries."

MIKE DONACHIE/METRO

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Hovering around 20%

Fighting youth unemployment

Ontario will launch a new tool this fall to match employers and young people looking for jobs.

Through its Youth Employment Fund, the government will provide up to $7,800 to employers who offer job placements and training for a period of four to six months.

The money — available for each young person 15 to 29 years old brought on board — includes up to $6,800 to help cover wages and training, along with up to $1,000 to help with job-related costs like tools and transportation.

The Youth Employment Fund was built into the 2013 budget as part of the Ontario Youth Jobs Strategy. The government has pledged $195 million over two years.

London's youth employment rate is hovering at about 20 per cent, while 35 per cent of last year's Employment Ontario clients were youths. Of those, 67 per cent found employment and 14 per cent went on to further training or education.

The program was announced Friday as a new study shows unemployment among young people in Ontario is worse than in Rust Belt states like Indiana and Ohio.

METRO

Reportedly ran stop sign

Motorcyclist, 27, hospitalized following collision

A 27-year-old Woodstock man was flown to London Health Sciences Centre after the motorcycle he was driving collided with an SUV on Saturday.

Woodstock police said the crash happened at Mill Street and Park Row after the motorcycle, which was travelling east, ran a stop sign.

The 27-year-old saw "serious injuries to his lower body," police said. An 18-year-old passenger on the motorcycle, also from Woodstock, was taken to hospital with minor injuries.

The driver of the SUV was not injured.

Charges are pending based on the outcome of a police investigation.

METRO

Provincial NDP Leader Andrea Horwath talks with Mikutech founder Mark Mikulec, right, and Amanda Stratton, centre, at Hacker Studios. SCOTT TAYLOR/METRO

Horwath connects with local startups

Hacker Studios meetup.
London entrepreneurs talk tax credits, training and the economy with Ontario's NDP leader

When Mikutech founder Mark Mikulec heard that provincial NDP Leader Andrea Horwath was going to be visiting Hacker Studios, the entrepreneur knew exactly what he'd tell her if he got the chance for some one-on-one time.

In the end, they enjoyed quite a few minutes of quality time together.

"I thought it would be important to mention that we currently have two very good programs, which I believe were installed by the Liberals, through the Ontario Media Development Corporation," Mikulec said.

OK, so maybe that wasn't exactly what Horwath wanted to hear, but Mikulec explained how the programs, geared specifically towards small businesses involved in gaming and rich media, help businesspeople like him gain a foothold in the competitive marketplace.

"It encourages us to (do) more business (in Ontario); it makes us more competitive in the worldwide landscape because we can say we can provide this service for cheaper because we know the government is going to subsidize us," he said. "It allows for growth."

Horwath agreed that small businesses in Ontario need government help to succeed.

"We have more ideas around tax credits for investment, around tax credits for hiring folks," she said. "These kinds of things ... can help encourage businesses and help them to become strong, particularly in their early stages."

Emerging Leaders executive director Sean Quigley said problems young people face are being felt by everyone across North America, especially by the many companies that demand three to five years of experience.

"People coming out of school and those with similar training, they have the most experience and training of any generation that came before," he said. "So give them the chance to get their foot in the door, do the work, train them and they'll remain with those companies."

London-Fanshawe MPP Teresa Armstrong and London West MPP Peggy Sattler joined Horwath on Friday as she met with a number of entrepreneurs and business leaders in the city. SCOTT TAYLOR/METRO

Quoted

"These kinds of things ... can help encourage businesses and help them to become strong, particularly in their early stages."

Ontario NDP Leader Andrea Horwath

Hunter Gowan, centre, is the top fundraiser for the Learning Disabilities Association of London Region. METRO

Hunter's 500m Kids Dash.
Race honours 'amazing' boy

He's had some tough challenges in life, but Hunter Gowan can still show the way.

The 13-year-old Londoner is so prolific in his support for the Learning Disabilities Association of London Region that the group has named a race after him.

The sport-loving eighth-grader wanted to give something back to a group that has supported him in his studies for four years.

"Hunter is always our highest fundraiser with his team," said the group's Jill Ellis. "So this year the Hunter's 500m Kids Dash was named in his honour because he's just amazing."

Sunday marked the fifth annual Going the Distance for LDs 5K Walk/Run. METRO

Not backing down.
Tim Hudak holding firm on union policies

Ontario PC Leader Tim Hudak
THE CANADIAN PRESS

Progressive Conservative Leader Tim Hudak is sticking to his guns on a controversial proposal to end mandatory union membership, even though his party appears to be split over the issue.

Hudak's predecessor, John Tory, is among those who have urged him to turf the so-called "right-to-choice" policy, saying it's too divisive and will cost the party votes.

But the Tory leader — who'll make the final call on the party platform — isn't backing down, saying Ontario needs "bold" solutions to tackle its mounting economic troubles.

"I think modernizing our labour laws is going to be essential to our success," he said in an interview with The Canadian Press. "Is it a magic bullet? No, but it's an important part of the plan."

Adopting a "right-to-choice" stance got the green light at last weekend's Tory policy convention in London, but only by a narrow margin. It passed with 53 per cent of the delegates supporting it.

THE CANADIAN PRESS

Four suspects sought.
Man taken to hospital after knifepoint robbery

Cops in Woodstock are appealing for witnesses after a man was assaulted and robbed at knifepoint early Sunday.

The 21-year-old man and a female were walking south on Wellington Street, near Main Street, when four people confronted them about 1:45 a.m., the police said. One pulled a knife and made a threat, taking the victim's backpack. He then ran away, headed west, while the other three ran in different directions.

EMS took the 21-year-old to Woodstock General Hospital, where he was treated for minor injuries, then released, police said.

The suspects are described as two females and two males ranging in age from 16 to 20 years old. The male suspect who had the knife was described as wearing a white hoodie with black lettering, a blue bandana and a hat. METRO

Contact

- Woodstock police ask anyone with information to call 519-537-2323 or Crime Stoppers at 800-222-8477.

Work it!

Kristen Hanke, 26, of London, sweats it out Sunday at the Western Fair District as she and others try to break a provincial record for the number of people participating in a fitness class. The effort, led by Elite Personal Training owner Marty Menard, fell short of the record mark, but still did some good for the community. Everyone who participated made a donation to the YMCA of Western Ontario's Strong Kids campaign.

ANGELA MULLINS/METRO

Spirits predict trouble for city

Paranormal perspective.
Mayor, Knights and economy all facing hard times, psychic says

MIKE DONACHIE
mike.donachie@metronews.ca

There's trouble ahead for Mayor Joe Fontana, the London Knights and the city's economy, the spirit world says.

As hundreds of people took part in the London Psychic Expo, asking questions about health, romance and more, Metro decided to ask some bigger questions.

We caught up with Hamilton psychic Charlotte Szivak to ask what's to come for London's hockey team, its mayor and the city's economy.

So will the London Knights win the Memorial Cup?

"I'm hearing they're getting a bit too cocky," said Szivak. "They already think they've got it in the bag."

Food for thought for the Knights.

How about Mayor Joe Fontana? Will he be re-elected?

"What I'm hearing is he's really tired," continued Szivak. "He wants to be able to do it, but he just doesn't have enough fight in him."

She advised Fontana to think carefully about who he takes advice from and to make sure he has the best team around him. Also, he should "get a margarita and a hammock" and enjoy some rest.

Finally, will London's employment rate improve? It doesn't look good.

"There's lots of people who have really phenomenal ideas working in business and consulting," said the psychic."If they could get a kick-start it would help, but there are a lot of issues with government and HST.

"It's really holding people back."

At a glance

- The London Psychic Expo drew a steady stream of clients to Centennial Hall on Friday, Saturday and Sunday.
- It featured a variety of spiritual attractions, including tarot readings, crystal healing and psychics of all kinds.
- Charlotte Szivak claims to have "full sensory perception," including the ability to see into the future.

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WESTERN'S BIG WEEKEND

6 Crackdown.
The long arm of the law

Police were out in full force Saturday, ticketing students as the parties got rowdy and drinking moved into the streets.

7, 8, 9 Bottom's up.
It's a party

Beer and school spirit were everywhere, on and off campus.

1 TD Stadium.
Fans, fans everywhere

Western's official homecoming game crammed 12,185 fans into TD Stadium for a big match against Queen's University.

2 On the turf.
That home advantage

The Mustangs beat the Gaels 50-31 on the gridiron. More coverage, page 17.

3 Date day.
Give us a kiss

Love was in the air for this Western pair as they moved through a crowded party near campus.

PHOTOS: ANGELA MULLINS/METRO

4 Pep squad.
Showing their spirit

Mustangs cheerleaders rally the crowd at Saturday's football game.

5 Broughdale.
Purple nation

Broughdale Avenue was a sea of people as thousands of students flooded onto the street Saturday morning. Police closed access to cars early in the day.

Russia

Pussy Riot member moved to prison hospital, husband says

The husband of a member of Russian punk group Pussy Riot says she has been moved to a prison hospital on the seventh day of a hunger strike.

Nadezhda Tolokonnikova began the hunger strike on Sept. 23 to protest what she described as inhumane working conditions and threats to her life.

Her husband, Pyotr Verzilov, told the Interfax news agency that she was hospitalized Sunday.

Tolokonnikova's lawyers have been barred from speaking to or visiting her since Thursday, heightening concerns about her condition. THE ASSOCIATED PRESS

England

30 rescued near U.K. Parliament after tour boat catches fire

London authorities say they have rescued 30 people from the River Thames after a Duck Tour boat caught fire near the Houses of Parliament.

Police and fire services said in statements that the boat carried 28 tourists and two crew members. Many of the tourists jumped into the river after the blaze broke out Sunday, but passing boats rescued them.

A woman and a child were taken to the hospital due to suspected smoke inhalation. Other passengers were seen warming themselves with tea by the riverside. THE ASSOCIATED PRESS

Tourism

Canada planning trusted-traveller program with the Netherlands

Canadian and Dutch citizens would be able to visit each other's countries more easily under a plan to expand Canada's trusted-traveller programs beyond North America.

Canada and the Netherlands have been negotiating a bilateral agreement that would allow their citizens to apply to each other's programs for travellers considered to be a low security risk, records show.

The initiative would be modelled on the current Nexus travellers program between Canada and the United States, the Canada Border Services Agency records say. THE CANADIAN PRESS

Russian court sends 8 more Greenpeace activists to jail

No leniency. Charges of piracy considered against 30 people detained after attempt to scale offshore drilling platform

A court in the Russian city of Murmansk on Sunday sent all eight remaining Greenpeace activists to jail for two months, showing no leniency toward any of the 30 people detained for a protest at a drilling platform in Arctic waters.

Twenty activists and two journalists were ordered jailed for two months during a marathon court session on Thursday, but the court had ruled to hold the remaining eight until new hearings could be held Sunday.

No charges have been brought against any of the activists, who are citizens of 18 countries. Russian prosecutors are considering whether to charge them with piracy, among other offences. The activists are being held pending the investigation.

The Russian Coast Guard disrupted an attempt on Sept. 18 by two of the activists to scale an offshore platform owned by Russian state-controlled energy giant Gazprom to call attention to the environmental risks of drilling in Arctic waters. The next day, the coast guard seized Greenpeace's ship, the Arctic Sunrise, and then towed it to Murmansk with the crew and activists aboard.

Greenpeace Russia campaign director Ivan Blokov has described the seizure of the ship as "the most aggressive and hostile act" against the environmental organization since French government agents bombed the Rainbow Warrior ship in 1985, killing one man. THE ASSOCIATED PRESS

Protesters and activists demonstrate in support of the activists arrested in Russia in front of the Russian Embassy in Bern, Switzerland, Sunday. PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRESS

Details

- Peter Willcox, an American who captained the Rainbow Warrior, is also the captain of the Arctic Sunrise. He was ordered held in custody during Thursday's court session.
- Those ordered jailed on Sunday include Dima Litvinov, Greenpeace International spokesman, who has dual U.S. and Swedish citizenship; Finnish activist Sini Saarela, who was one of the two who tried to scale the platform; two British activists; two Dutch citizens; a Brazilian deckhand and a Ukrainian cook.
- The platform, which belongs to Gazprom's oil subsidiary, is the first offshore rig in the Arctic.

IOC 'reassured' Russian law won't affect gay athletes

Actress Ino Menegaki, as high priestess, lights the Olympic flame at Ancient Olympia in Greece on Sunday, where organizers carried out a successful ceremony for the 2014 Sochi Winter Olympics. DIMITRI MESSINIS/THE ASSOCIATED PRESS

New IOC president Thomas Bach said Sunday he had received assurances from senior Russian officials and organizers that an ongoing controversy over the country's treatment of gays will not affect athletes at the 2014 Winter Olympics in Sochi.

Russia has come under international criticism from human-rights and gay groups after passing legislation outlawing the promotion of homosexuality.

Bach said he again raised the issue with Sochi organizers while attending the Olympic flame lighting ceremony at Ancient Olympia in southern Greece.

"The task of the IOC is to ensure the application of the Olympic Charter at the Olympic Games and for all the participants of Olympic Games. That means we have to ensure a policy of non-discrimination at all levels, for all athletes and for all other participants," Bach said in brief remarks after the ceremony.

"We have the assurances of the highest authorities in Russia, and yesterday I spoke with the Russian delegation here in Olympia again and they reassured us that the Olympic Charter will fully apply for all the participants of the Games."

Gay rights for both athletes and spectators have been a constant issue for organizers of the Russian Games, and police security was tight at Sunday's ceremony but no protest groups were present at the small southern Greek town. THE ASSOCIATED PRESS

Protest

In Athens, gay Greek activist Zak Kostopoulos said protests against Russia were not aimed at the Games.

- "Of course this has nothing to do with the athletes and (protests) should not affect the sporting events in any way," Kostopoulos said, speaking by telephone.

Africa. Nigerian students executed while they slept

Suspected Islamic extremists attacked an agricultural college in the dead of night, torching classrooms and shooting dozens of students as they slept in dormitories, the school's provost said — the latest violence in northeastern Nigeria's ongoing Islamic uprising.

The attack, blamed on the Boko Haram extremist group, came despite a 4 1/2-month-old state of emergency covering one-sixth of the country. Recent violence has led many to doubt assurances from the government and the military that they are winning Nigeria's war on the extremists.

Provost Molima Idi Mato of Yobe State College of Agriculture said that there were no security forces protecting the college. Two weeks ago, the state commissioner for education had begged schools and colleges to reopen and promised they would be guarded by soldiers and police.

Idi Mato said as many as 50 students may have been killed in the assault that began about 1 a.m. Sunday in rural Gujba.

Most schools in the area closed after militants on July 6 killed 29 pupils and a teacher, burning some alive in their hostels, at Mamudo outside Damaturu.

President Goodluck Jonathan condemned the attack on TV. He said he wondered whether the victims were Muslim or Christian.

Boko Haram leader Abubakar Shekau has said that his group wants to end democracy in Nigeria and allow education only in Islamic schools. Boko Haram means "Western education is forbidden."

Its uprising poses the biggest security challenge in years to the country. Nigeria is Africa's most populous nation with more than 160 million people — almost equal numbers of which are Muslims and Christians. THE ASSOCIATED PRESS

Too young

18-22

Provost Molima Idi Mato of Yobe State College of Agriculture said most victims were between age 18 and 22.

Kenya. Authorities make 12th arrest in mall siege as citizens demand info

Kenya's security services made another arrest Sunday in connection with the deadly Westgate mall attack, said a top official, who declined to say how authorities believe the person was involved.

Kenya has arrested 12 people since the attack but three have been freed, Interior Minister Joseph Ole Lenku said during a press conference. He declined to say if any of those arrested had been in the mall during the attack.

The four-day siege, which included the collapse of part of the mall, left 67 people dead, according to officials. Two of the dead were Canadians. The Red Cross says 59 people remain missing, though the government puts that number at zero.

Kenyans have become increasingly frustrated over the government's unwillingness to share information about the attack. Almost no details have been released about what happened after the first hours of the siege. THE ASSOCIATED PRESS

Sonali Shah, right, whose fiancé was killed in the Westgate Mall attack, is consoled during a prayer in Nairobi on Sunday. SAYYID AZIM/THE ASSOCIATED PRESS

Car bomb kills dozens to cap off lethal week

Pakistan. Explosion shreds popular bazaar, lighting old wooden structures ablaze

A car bomb ripped through a crowded street in Peshawar's oldest bazaar Sunday, killing 40 people in the third blast to hit the troubled Pakistani city in a week, officials said. No one immediately claimed responsibility for the attack.

The explosion appeared to have been caused by a bomb planted in a parked car and detonated by remote control, said police officer Zahid Khan. It went off near a mosque and a police station, damaging the house of worship and nearby shops and engulfing many vehicles in flames, police said.

At least 40 people were killed and 90 wounded, said Jamil Shah, a spokesman for Lady Reading Hospital, where the victims were taken.

The dead included 14 members of a single family who were visiting Peshawar to plan a wedding, along with their driver and an assistant, said relatives.

A bookshop owner, Nazar Ali, had just opened his shop when the bomb went off.

"It was a huge blast that was followed by fire in vehicles. Thick black smoke covered the air and splinters spread all over. I saw people lying dead and bleeding all over," he said.

Many of the old buildings in the historic Qissa Khawani market are made of wood, which easily caught fire, said senior police officer Shafqat Malik. THE ASSOCIATED PRESS

Victims by the score

Such attacks in Peshawar have claimed more than 140 lives since last Sunday, when two suicide bombers blew themselves up in a crowd of worshippers at a church, killing 85 people.

- **On Friday,** 19 people died when a bomb planted on a bus carrying government employees exploded in the Peshawar outskirts.

Nearby front

United States continues drone strikes

Also in northwestern Pakistan, two missiles from an American drone hit a compound in North Waziristan on Sunday, killing three militants affiliated with the Punjab province branch of the Pakistani Taliban, said two intelligence officers.

The Pakistan government condemned both the bomb blast and the drone attack. THE ASSOCIATED PRESS

A Pakistani man carrying a child rushes to safety shortly after a car bomb exploded in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

The plan to disarm Syria

Inspectors who will oversee Syria's destruction of its chemical weapons said Sunday their first priority is to help the country scrap its ability to manufacture such arms by a Nov. 1 deadline — using every means possible.

The chemical-weapons inspectors said that may include smashing equipment with sledgehammers, blowing up delivery missiles, driving tanks over empty shells and running machines without lubricant so they seize up and become inoperable.

On Friday, the UN Security Council ordered the Organization for the Prohibition of Chemical Weapons (OPCW) to help Syria destroy its chemical weapons by mid-2014.

On Sunday, inspectors met with media in The Hague to explain their current plan of action. An initial group of 20 leaves for Syria on Monday.

"This isn't just extraordinary for the OPCW," said spokesman Michael Luhan. "This hasn't been done before: an international mission to go into a country which is involved in a state of conflict and amid that conflict oversee the destruction of an entire category of weapons of mass destruction.

"This is definitely a historical first."

An OPCW military expert said access to weapons sites in or near rebel-held territory would be dealt with on a case-by-case basis, with the UN possibly negotiating safe passage.

"It may be that we are not in a position to go to some of these places," he said. "Our inspectors are all volunteers. This is not a mission that will be carried out come what may." THE ASSOCIATED PRESS

Tonnes to destroy

1,000

The U.S. and Russia agree that Syria has roughly 1,000 metric tons of chemical-weapons agents and precursors, including blister agents such as sulfur and mustard gas, and nerve agents like sarin.

Medical weed supply reborn as free market

Health Canada. Under the new system, users will get their pot from large-scale farms that are RCMP-certified

Current users

37,400

There are currently 37,400 medical marijuana users recognized by Health Canada, but officials project that number will swell to as many as 450,000 people by 2024.

The Conservative government is launching a $1.3-billion free market in medical marijuana this Tuesday, eventually providing an expected 450,000 Canadians with quality weed.

Health Canada is phasing out an older system on Monday that mostly relied on small-scale, homegrown medical marijuana of varying quality, often diverted illegally to the black market.

In its place, large indoor marijuana farms certified by the RCMP and health inspectors will produce, package and distribute a range of standardized weed, all of it sold for whatever price the market will bear. The first sales are expected in the next few weeks, delivered directly by secure courier.

"We're fairly confident that we'll have a healthy commercial industry in time," Sophie Galarneau, a senior official with the department, said in an interview. "It's a whole other ball game."

The sanctioned birth of large-scale, free-market marijuana production comes as the Conservatives pillory Liberal Leader Justin Trudeau's campaign to legalize recreational marijuana.

Health Canada is placing no limits on the number of these new capital-intensive facilities, which will have mandatory vaults and security systems. Private-dwelling production will be banned. Imports from places such as the Netherlands will be allowed.

Already 156 firms have applied for lucrative producer and distributor status since June, with the first two receiving licences just last week.

The old system fostered only a cottage industry, with 4,200 growers licensed to produce for a maximum of two patients each. The Mounties have complained repeatedly these grow-ops were often a front for criminal organizations.

The next six months are a transition period, as Health Canada phases out the old system by March 31, while encouraging medical marijuana users to register under the replacement regime and to start buying from the new factory-farms. THE CANADIAN PRESS

Canadian satellite could hold big payoff for GPS industry

The aurora borealis — those beams of light that dance across the northern sky — may look pretty, but Canadian satellite CASSIOPE is about to study a nasty side lurking behind that beauty. The hybrid satellite blasted off on Sunday from California on board a Falcon 9 rocket developed by SpaceX, a commercial space company. Greg Enno, of the University of Calgary, says data collected by CASSIOPE (Cascade SmallSat and Ionospheric Polar Explorer) during its two-year mission should make it a lot easier to predict the impact of solar storms on Earth. When plasma and particles from the sun enter the upper atmosphere they usually cause the stunning northern lights, but they also affect things like radio communications and satellite navigation. "The biggest winners from our sets of data is the GPS industry because their measurements may be accurate enough so they can use it for all sorts of stuff like landing aircraft, but also hydro people because they don't want to be surprised and have a network go down," Enno said. THE CANADIAN PRESS FILE

Retail. Grocery wars heating up with mergers, competition

The battle to bag your supermarket business is fiercer in 2013 than it has been in years, with grocers pulling out all the stops to get both price-savvy and health-conscious consumers through the checkout.

The virtual overhaul of food retailing this year is the backdrop to the Grocery Innovations Canada conference, which starts Monday in Toronto.

For two days, Canada's largest grocery industry trade show will host 5,000 retailers and experts who are dealing with mega-mergers, rapid floor-space expansion and new entrants into the once-quiet sector. "It's a tough game to be in now," says Kevin Grier, senior market analyst at the George Morris Centre in Guelph. TORSTAR NEWS SERVICE

New items

- Some new items on offer among the 500 booths include a "happy" bottled water (containing natural lithium salts), a frozen banana-flavoured treat with an edible gummy peel, and a healthy fruit juice water enhancer.

Social media. Girl Scouts try new recruitment campaign

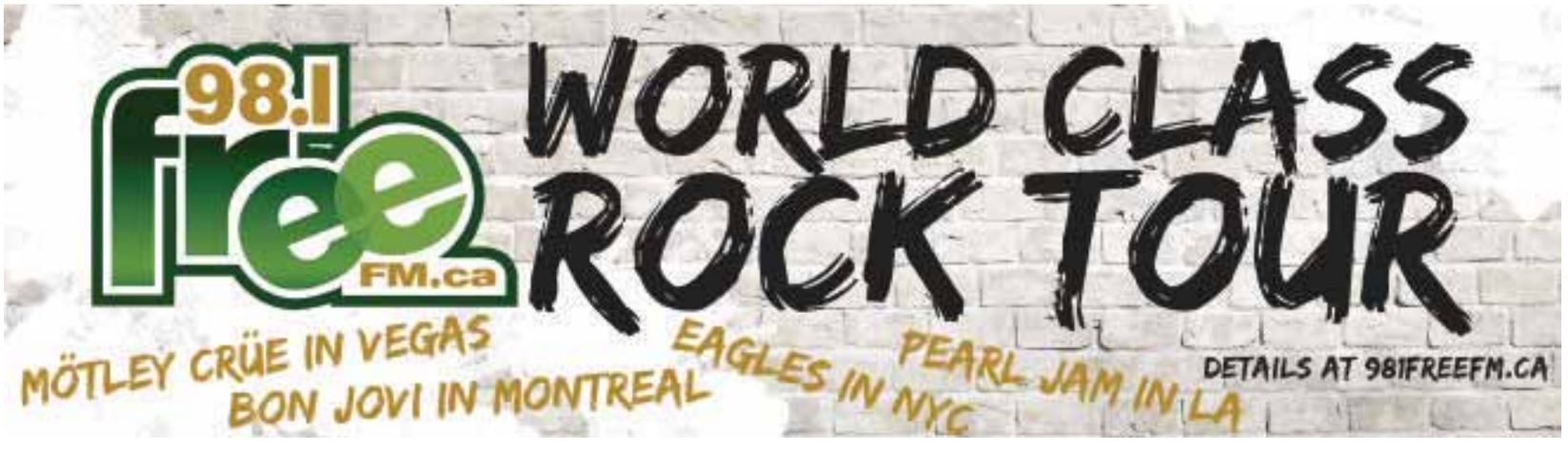
With an assist from Michelle Obama, the Girl Scouts of the USA is launching an unorthodox recruitment campaign this week aimed at reversing a long-running decline in participation by girls and adult volunteers.

Instead of placing ads on TV, in newspapers and on billboards, the decentralized campaign will unfold in neighbourhood initiatives and on social media as local Girl Scout councils directly target elementary-school girls — even kindergartners — with promises of adventuresome fun.

The first lady is pitching in with a video in which she lauds the contributions of the Girl Scouts and urges adults to find the time to help out.

"In order to bring the fun to more girls, Girl Scouts need you to volunteer," she says. "You can show girls that anything is possible." THE ASSOCIATED PRESS

Michelle Obama THE ASSOCIATED PRESS



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ENTITLED, MY HARD-WORKING ASS

URBAN COMPASS

Todd Devlin
london@metronews.ca

You've been called entitled and spoiled. Not to mention selfish and lazy. Yes, I'm talking to you, Millennial.

You think you deserve everything, they say. But you don't deserve anything. And you know what? You're not getting anything either.

In fact, you're getting screwed — and by the very people who lament your so-called "entitled" attitude.

The unemployment rate for London's 15- to 24-year-olds is more than 20 per cent, according to the Canadian Centre for Policy Alternatives (CCPA), which last week dubbed the Forest City a youth unemployment "hot spot," along with Windsor, Oshawa and Brantford.

Ontario is one of the hardest places in Canada for youth to find work. The alarmingly high unemployment rate has prompted the minority Liberals to launch a $295-million, two-year strategy to address the problem. It sounds like a significant initiative, but just how much will it help?

Premier Kathleen Wynne says $45 million is earmarked to "bankroll" young entrepreneurs, and another $30 million dedicated to an "innovation fund" will help bring their ideas to market.

That's $75 million invested in something we know has a high rate of failure.

More than half of all new businesses, in fact, fail within the first three years, according to Industry Canada, and many of the ones that don't are started by individuals outside the youth demographic.

Generally, people who are a bit older have more business experience and know what works and what doesn't. It's not a knock on young entrepreneurs; it's just reality.

The government initiative will also encourage companies to hire and train young workers through subsidies of up to $6,800. It doesn't take a cynic to realize this won't address the problem at all. How far is $6,800 going to go?

Temporary jobs aren't the answer, yet that's what we're seeing in London and across the province. Precarious employment seems to be the order of the day, and youths are being hurt the most by the trend.

At the far end of the spectrum, of course, you have the unpaid internships. I'm of the belief these arrangements are fine for students. But when you're a graduate, it's simply unacceptable. These programs prey on motivated young people looking to get their much-talked-about foot in the door.

The positions promise things like "professional development." In truth, it's free labour and nothing more. Professional development doesn't pay the heat or hydro bill.

The truth is, Millennial, you have it harder than your parents did. Education is much more expensive than it was a generation ago, the cost of living is higher and jobs are much harder to come by. It's been said that for perhaps the first time in history, you will be worse off than your parents.

You may indeed carry at least a smidgen of entitlement (although you don't deserve the full blame for that either), but you have every right to be upset at the current state of youth unemployment.

Quite frankly, you're being failed by the economy and the job market. Here's hoping real change will come soon.

ZOOM

Space oddity: Noctis Labyrinthus

COURTESY NASA/JPL/UNIVERSITY OF ARIZONA

Red Planet lookin' a little blue

Judging by this image of our neighbouring world, Mars isn't always the "Red" Planet. Taken by NASA's Mars Reconnaissance Orbiter (MRO), the photograph shows the colourful area of the Noctis Labyrinthus region, perched high on the Tharsis rise in the upper reaches of the Valles Marineris canyon system. **METRO**

Valles Marineris stretches east-west just below Mars's equator.
COURTESY NASA

The grand, grand, *grand* canyon

Covering nearly a fifth of the circumference of Mars, the Valles Marineris is the largest canyon system on the planet. Spanning a colossal 4,000 kilometres, the canyon system can reach depths of 10 kilometres, and is at some points 200 kilometres wide. If the system were located on Earth, it would stretch across the U.S., from L.A. to the Atlantic coast. **METRO**

Falling into the abyss

The Valles Marineris system is believed to be the result of the formation of the nearby Tharsis volcanic region, home to Olympus Mons, the solar system's largest volcano. As the region swelled with magma billions of years ago, the planet's crust stretched and split, collapsing into a vast, deep canyon. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Three weeks into its Canadian debut, Kickstarter Canada's been funding everything from alien adventure/action games to animated shorts to new technologies you never knew you needed. Meet the products you probably don't need, but will feel super cool having.

CONTRIBUTED

Polar Pen:

With 17 days left to go, the "world's first" modular magnetic pen has already reached more than 3,000 per cent of its funding. Not only would the silver (or 24K gold) bits look hot on your desk, they'd also give you something to play with when writer's block hits.

Peachy Printer:

Again with the "world's first," this 3D printer claims to be among the cheapest ($100) and smallest 3D printers (that also doubles as a scanner). The pared-down design keeps the cost of the device low without using cheap parts. Twenty-one days left — and almost 1,000 per cent funded — to get in on the action.

AppSeed:

From sketch to prototype with just a smartphone, the AppSeed helps designers turn their ideas into functioning models. With 10 days to go and $13,000 up, these Toronto-based designers are at 45 per cent of the $30,000 goal.

Letters

RE: Are U.S. border guards 'anti-Canadian'? Published online Sept. 27

Canadians need to stop going down to the States. Do your shopping here, vacation in Canada or anywhere other than the States. After about a year of the boycott, the Americans will be crying for Canadians to come back. If the Americans want our business, then it is them that need to smarten the Border Guards up and treat us with respect. The same goes for the Canadian Border Guards, they too are in need of smartening up pills.
Dinorex, posted to metronews.ca

Must be a slow news day. I'm sure there are CBSA employees that hate arrogant yanks, or bus drivers that hate old people, driving instructors that hate teenagers, etc. A little time on the Internet and you'll find a forum where someone behind an alias (hey — like me!) is crapping on someone else. It's hardly newsworthy. **Guesswhosback, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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A baby's foot.

Mere inches in length, it is formed by twenty-six bones, thirty-three joints, and five little piggies. Endlessly scrunched, kicked, tickled, bitten, and gently pressed against paper for keepsake footprints. It is truly one of the most precious parts of the infant's body. But as the foot becomes that of an adult, it will become steadier and stronger. Then, it will accomplish more intricate actions, like walking past those in need, butting ahead in lineups, and slamming on the brakes to cut off other drivers. It's time we used our feet for a better purpose again. To find out how, visit people for good.ca. After all, no one is born bad. Let's all get back to good.

iTunes Festival

Justin Timberlake

Venue. Live from the Roundhouse in London, U.K.

The problem with live streaming is the technical difficulties. Would have loved to tell you how awesome Justin Timberlake's opening Only When I walk Away was, but I could only hear it. Crowd seemed to love it. But it wasn't until the next song, Sexy Back, when the technical glitches resolved and I could see Timberlake, surrounded by blazing purple and red lights and smokin' hot in a black suit (but no tie), white penny loafers and fedora. Timberlake was backed by a quartet of singers and a pit of musicians, including brass and electronic. Dude still has moves, paying homage to Michael Jackson as he went and still has pipes, his gorgeous falsetto hitting the high notes in Cry Me a River with ease. Watching the concert through the iTunes store means getting close enough to see every sweat drop run down Timberlake's face. He gave the crowd what they wanted – a mix of old hits and songs from his upcoming album The 20/20 Experience – Part 2, which drops today. ELISHA DACEY/METRO

EACH MONDAY IN SEPTEMBER, METRO REVIEWED ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Going light on the legal

Interview. Franklin & Bash is set in the courtroom but it's more about the relationship between the two lawyers

NED EHRBAR
Metro World News in Hollywood

Franklin & Bash is a show about lawyers sans all that legal stuff. CONTRIBUTED

Mark-Paul Gosselaar and Breckin Meyer are currently enjoying the third season of their comedy-drama legal series, Franklin & Bash, about two — let's say unconventional — young attorneys. They're so comfortable that it can be tough to distinguish them from their characters sometimes, except, as Gosselaar points out, Meyer's Jared Franklin is much funnier than Meyer himself.

There are a lot of shows about lawyers. What makes this one unique?

Mark-Paul Gosselaar: I think what separates our show most is the relationship between the two guys, Franklin and Bash. When I was pitched the show, I had just come off a TNT show playing an attorney, so the last thing I wanted to do was play another attorney. But being an attorney and the law aspect of the show sort of takes a back seat really to the relationship between these two guys. And that, I think, isn't in lawyers shows as much as they are in cop shows, maybe, or some other genres. But I think that's the first time that I read a script about two lawyers who have this sort of relationship — and I'd like to say that we came out before Suits because Suits has sort of the same dynamic.

Breckin Meyer: And I think the thing you don't get when you're dealing with these "case of the weeks," the one thing we have with the show — and it's because of the relationship — is the fun, is the comedy. It's not like Airplane, it's not a satire of a legal show. It's just that these guys are younger than most lawyers that they go up against, younger than the judges, and they tend to go about it in... a feistier way. If that means Jerry getting drunk during a cross-examination or Peter making out with one of the witnesses to win the case, so be it. They're kind of still feisty.

After three seasons, how comfortable are you in the roles?

Gosselaar: I think we're pretty comfortable, but also I think that we still, to this day, are very hard on ourselves, and I think we're very hard on the show in terms of trying to produce a product that we enjoy being on and that the fans will enjoy. I don't think we're comfortable in the sense that it's the third season and we're just sort of letting the show manifest into itself. I think we're still very much a part of it and we're still hungry. We only do 10 episodes a season, so for us in three seasons, we've done basically a season and a half of a network show. So for us it doesn't feel like we've done that much. A lot has happened in three years. I mean, Breckin is old now.

Meyer: And you don't stop aging. It's insane.

Gosselaar: I drink blood. I drink Breckin's blood, actually, that's how. Our characters are a magnification 100 per cent of who we are in real life. What we play on television is not too far from the type of people that we are, but they're completely magnified. I like to work out, I like to feel good about myself and look good, but Peter takes it to a whole other level. Breckin is kind of funny in real life, but he's really funny on the show.

How much time have you actually spent in a courtroom to research this job?

Gosselaar: For this job? None.

Meyer: And we'll say to Bill, our co-creator, a lot — like with me being drunk or whatever — we'll say, "What would happen if I really did that in court?" And he says, "You'd get thrown in jail," ... Bill says if you learn anything about the law watching our show, we're doing you a disservice.

Show

Where can you watch

- **Channel.** Franklin & Bash airs Mondays on Bravo.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Bieber lays down the law while Gaga bickers online

STAR GAZING
Malene Arpe
scene@metronews.ca

Justin Bieber reportedly kicks out his buddies Lil Za and Lil Twist after some jewelry goes missing from his house. Perhaps now there will finally be room for Lil Suspenders and Lil Shirt to move in.

Pamela Anderson is going to be running the New York City Marathon. Unfortunately she will apparently not be doing so in slow-motion, wearing a red bathing suit.

Kevin Federline says that he will not allow Britney to haul their son Sean Preston on stage during her upcoming Vegas show. And if she doesn't heed him he'll immediately retain a lawyer using her money.

Robert Pattinson brought a "mystery brunette" to a friend's birthday party. It was either that or the "intrigue redhead," but she was busy at an anniversary brunch.

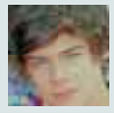
Kanye West complains that six years ago Fendi ignored his design for leather jogging pants. In Fendi's defense let's not forget that Kanye's collection of cement hats was a severe disappointment.

Miley Cyrus says Justin Bieber should keep his shirt on and stop acting crazy. That explains why my kettle and my pot just threw up from laughing and then exploded.

Gerard Butler, Nikolai Coster-Waldau and Geoffrey Rush will play Set, Horus and Ra in The Gods of Egypt. Because nothing says sacred Egyptian mythology like a bloated Scot, a skinny Dane and an Australian pirate.

Lady Gaga and Adam Levine get into a twitter war that starts out being about the nature of art but quickly devolves into grammar shaming. It's exactly like that time when Picasso and Hemingway wrote angry notes to each other in the margins of the afternoon paper.

Twitter



@Harry_Styles
We don't need no piece of paper from the city hall.

@TheRealNimoy
Tried a mind meld with a congressman...PAIN !!

Words keep co-stars Radcliffe and Hamm close

Jon Hamm ALL IMAGES GETTY

How do A Young Doctor's Notebook co-stars Jon Hamm and Daniel Radcliffe keep in touch? With the mobile game Words with Friends, Hamm tells E! News. "Because that's basically the 21st century way of staying in touch," he says. "He's wildly intelligent and super-funny and super-talented. I like to have people in my life who are all three of these things."

LONDON is about to be Spanked!
SPANK!
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HAHAHA.COM/SPANK!
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Live

Forty-eight per cent of children aged 11 and older have a cellphone. ISTOCK

Book excerpt

Smartphone vs. kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Smartphones. Do kids need one? I go back and forth on this one. While it's great that we can use our smartphones to stay in touch with our kids, it's not so great that they can use their smartphones to stay in touch with us. When I need to get a hold of them, it's important. When they need to get a hold of me, it's usually to ask me to do something. I don't need them to have immediate access in one of those scenarios. According to a President's Choice survey, 48 per cent of children 11 and older have a cellphone. Take my advice and teach them how to use this cellphone in a safe and polite way. Just because we blazed the trail by using these marvels of technology in cars, while walking across busy streets, and in the middle of romantic dinners, does not in any way mean we have to pass on these rude and dangerous methods to our children. Help put the "smart" back in smartphone. **FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS BY KATHY BUCKWORTH, PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

Exclusively online

The McCafé is a parent's play place. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metro.ca/voices.

Balancing act: Finding fam time

Book. Don and Debra MacMannis share tips on how to strengthen family ties

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

One therapist couple, Don and Debra MacMannis, have 10 tips in a new book — How's Your Family Really Doing? — they say are needed to create lasting bonds

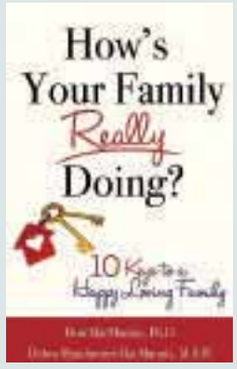
Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect.

The in-between times

Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feelings with your loved ones.

Tip



Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

Be affectionate

Too many parents give all of their love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

There are easy ways to bring your family members closer together. ISTOCK

Just listen

Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself centered, and remember not to give unsolicited advice.

Every bit counts

Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you." **METRO**

Teen Wolf mom hosts web series for parents

Alicia Coppola. GETTY

You may know her primarily as the werewolf mom of Derek Hale on MTV's Teen Wolf, but now Alicia Coppola is taking on another parenthood role that is slightly more traditional.

The actress will host a brand new web series titled, Alicia Coppola on Parenthood Today.

The spots will run weekly on Parenthood Today TV, a parenting website offering video guides covering topics related to family and child care.

In each short episode, the L.A.-based mother of three (this does not include werewolf offspring) will offer answers to questions about pregnancy, baby names, parenting techniques and sibling rivalry.

The web series isn't her only extracurricular activity, though. Coppola recently published her first book, Gracefully Gone.

In the memoir, she describes her decade-long journey of dealing with her father's struggle with cancer.

It's a topic that's close to her heart and one that she plans on exploring in the Parenthood Today web series. Coppola will discuss ways to help children cope with the loss of a loved one.

"It is all too often, unfortunate and sad that the children of a sick parent become collateral damage," she says. "This is not due to neglectful parenting or lack of love; neither the children nor the parents are to blame. The disease is to blame. ... It is imperative that we treat these children and their grief with extra love, hugs, honesty and respect."

Tune in to the online channel for the 20 webisodes, scheduled to be released on a weekly basis over the coming month. **METRO**

Bye-bye barbecue season: Chicken kebabs with sauce

1. In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag, then turn to coat the chicken. Refrigerate for 30 minutes. If using wooden skewers for the kebabs, soak them in water while the chicken brines.

2. Meanwhile, in a blender or food processor, combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Remove the chicken from the brine, then thread the pieces onto 4 skewers. Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute. Transfer the kebabs to serving plates, then drizzle with additional sauce. **THE ASSOCIATED PRESS**

Ingredients

- 1/2 cup water
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 1/4 lbs boneless, skinless chicken breasts (about 3), cut into 1-inch chunks
- 1 1/2 bananas
- 1/2 cup ketchup
- 1 to 2 whole fresh jalapenos (for less heat, split them open and remove the seeds and ribs)
- 2 tbsp red wine vinegar

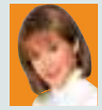
Correction

Friday's Beekman Boys article wrongly identified The Beekman 1802 Heirloom Dessert Cookbook as the couple's first book release. It is actually its second.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Salad is great for those trying to eat healthy, but additions may cost you in calories and fat if you're not careful. PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

Milestone's Grilled Chicken Salad

1,040 calories/ 82 g fat
Think twice about this salad. Fried tortilla chips and an oil-based vinaigrette give you close to a day's worth of calories and fat.

Equivalent

One Milestone's Grilled Chicken Salad with tortilla chips and Honey Lime Peanut Vinaigrette is equal in calories to 20 oz (567 g) grilled flank steak.

Roasted Garlic Caesar Salad entrée size with Chicken Breast

625 calories/ 45 g fat
At Milestone's, the Caesar gives you half the calories and fat, making it a better choice.

Lunch. Chicken and Cheddar Calzone

1. Preheat oven to 400 F (200 C). Line large-rimmed baking sheet with parchment paper. Dust work surface and top of pizza dough with flour. Cover dough with tea towel and let rest for 20 minutes.

2. Divide dough in half. On lightly floured surface and using fingers, stretch each half into an oval. Using rolling pin, roll each piece to 12- x 10-inch (30- x 25 cm) oval. Transfer to prepared baking sheet.

3. Spread pizza sauce over lower half of each oval, leaving 1/2-inch (1 cm) border bare. Top with chicken, salami, tomatoes and Cheddar. Lightly brush edges with water; fold bare dough over filling, crimping edges to seal and dusting fingers with flour to prevent sticking. Using tip of scissors, cut three vent holes in top of each calzone. Using scissors, cut parchment paper between the two calzones and pull them apart on the sheet so they are spaced well apart.

4. Bake in lower third of oven 25 minutes or until evenly browned top and bottom. Cool 10 minutes before cutting each into three wedges.
PRESIDENT'S CHOICE

Ingredients

- 1 pkg (680 g) prepared pizza dough, at room temperature
- All-purpose flour for dusting
- 1/2 cup (125 ml) pizza sauce
- Half 500 g-pkg PC Chicken Breast Strips, cut in thin strips
- 3 slices PC Genoa Salami, chopped
- 10 cherry tomatoes, cut in half
- 1 cup (250 ml) PC Triple Shredded Cheddar

Sweet on you: Sweet Tea-Brined and Grilled Chicken

Don't worry — the chicken doesn't taste like iced tea. But it is juicy and well-seasoned. And if you like lemon chicken, grill a couple of sliced lemon halves and squirt the warm juice over the chicken just before serving. Or for a tropical twist on the brine, substitute green tea for the black tea, and apricot nectar for the lemonade.

1. In saucepan over high heat, combine water, salt, sugar and cinnamon stick. Bring to boil, stirring to dissolve sugar and salt. Cool until just warm.

2. Add frozen lemonade and tea, then stir well. Add lemon slices and ice. Stir well. Add chicken to brine, then cover and refrigerate for at least 1 hour and up to 3 hours.

3. When ready to cook, prepare a gas or charcoal grill for medium, indirect cooking. On a charcoal grill, this means banking coals to one side and cooking on the cooler side. On a gas grill, turn off burners in one area and cook chicken there.

4. Remove chicken from brine. Pat it dry with paper towels, then brush lightly all over with oil. Arrange chicken on grill grate, bone side down. Cover and grill for 45 minutes, or until meat reaches 170 F at thickest part. There is no need to turn the chicken during cooking.

5. Remove chicken from grill and let it rest 10 minutes before serving. If grilling lemons, do this while chicken rests. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**

Ingredients

- 4 cups hot water
- 1 cup kosher salt
- 1/2 cup granulated sugar
- 1 cinnamon stick
- 12-oz can frozen lemonade concentrate
- 4 cups strong freshly brewed black tea, cooled
- 1 lemon, cut into slices
- 6 cups ice
- 8 bone-in chicken thighs
- Olive oil

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

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metrophotochallenge.com

'Round the world wisdom

Facing adversity one step at a time

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Focus not on the path, but the prints you're leaving along the way. ISTOCK

Life's challenges often loom larger than they really are — we get overwhelmed by what needs to be done then bury our heads and do nothing at all. Not because we don't want to work out a solution, but because we can't figure out where to start.

What we need to do: break down the problem into bite- size chunks.

After I signed up to run the Gobi desert, I had to start … running. I asked people who should know for tips about the best way to prepare and they told me, "go at it one step at a time."

I took three million steps during training. I ran for most of it and when exhaustion hit, I walked. When I became injured I adapted my training regimen, running in a pool to reduce the impact on my shins that badly needed rehab.

When I crossed the starting line in the Gobi, I wasn't thinking about how I was going to run six marathons in five days. I focused on one race at a time. When that got to be too much, I thought about making it to the next 10-kilometre checkpoint, then to just the next flag. When there was no steam left, I concentrated on taking just one more step.

It took me 600,000 steps to cross the finish line. For most of the race I never envisioned that finish line. My mantra was, "OK, one more step."

If you're overwhelmed by an issue staring you in the face, start the journey to a resolution by taking that first small step — and then another, and another, moving ultimately to that giant leap forward.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

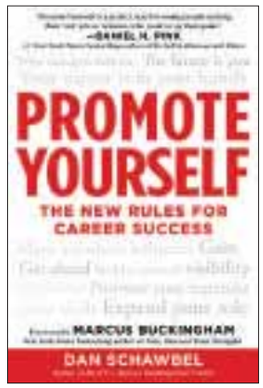
A new set of rules to rule the working world

The career ain't gonna come to you. Prepare to put yourself out there in the very public rat race of today

DAN SCHAWBEL
Metro World News

In today's economy, you need to create your own career path instead of relying on a company to create one for you. You need to be accountable — at the end of the day, your success or failure depends on how hard you work, how fresh your skills are and the value you deliver. You are competing not just against your peers, but against everyone in the world.

Positions exist today that didn't five years ago, and jobs of the past have since been automated. We are playing by a new set of rules and by learning them, you can stand out and get ahead. Here are four of the new rules, as mentioned in my new best-selling book, Promote Yourself: The New Rules for Career Success.



Your job description is just the beginning
If all you do is your job, you can't get ahead at work. Instead, you need to constantly prove yourself, over-deliver on your work and take on new responsibilities whenever possible.

Your reputation is the single greatest asset you have
As you move from job to job and company to company, the one thing you get to take with you is your reputation. If you build a strong reputation, the opportunities will find you.

Your personal life is now public
How you present yourself online can affect how people perceive and treat you at work. Your personal and professional lives are merged. Think about how you want co-workers who are friends on Facebook to perceive you before you post.

Your boss's career comes first
Although you are accountable for your own career, your boss's trajectory can make a difference. If your manager isn't successful, it will be hard for him or her to support you. That's why you have to work hard to make your boss's life easier.

CFL

Simon hauls in receptions record

Geroy Simon is the CFL's all-time receptions king.

The Saskatchewan Roughriders slotback made the 1,018th catch of his 15-year career when he hauled in a seven-yard pass from Darian Durant nearly 10 minutes into the first quarter of the Roughriders' 17-12 loss to the Montreal Alouettes. THE CANADIAN PRESS

MLB

Ex-Jays pitcher tosses no-hitter vs. toothless Tigers

Former Toronto Blue Jay Henderson Alvarez pitched a no-hitter with a most bizarre ending, celebrating in the on-deck circle when the Miami Marlins scored on a two-out wild pitch in the bottom of the ninth inning to beat the AL Central champion Detroit Tigers 1-0 Sunday.

Henderson Alvarez
THE ASSOCIATED PRESS

After Alvarez finished off the ninth with the game scoreless, he had to wait to see if it would become an official no-hitter. A Major League Baseball ruling in 1991 said only complete games of nine or more innings with no hits would count.

The Marlins loaded the bases and with pinch-hitter Greg Dobbs at bat, Luke Putkonen threw a wild pitch that let Giancarlo Stanton score.

Alvarez (5-6) struck out four, walked one and hit a batter. THE ASSOCIATED PRESS

San Jose's Andrew Desjardins, left, and Max Domi collide during NHL pre-season play between the Sharks and Coyotes on Friday in Glendale, Ariz. The 2013 draftee Domi was sent back to the London Knights on Sunday. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Domi back on the horse in London

OHL. Top Knights forward returns to junior after six pre-season games with Phoenix

One of the London Knights' power players is back in town.

Max Domi returned to the OHL club over the weekend, taking the ice Sunday as the Knights lost 6-3 on the road in Guelph.

Domi, a 2013 first-round Phoenix Coyotes pick, earned an assist Sunday before picking up a five-minute major and a game misconduct for a check to the head. He skated in four pre-season games with the Coyotes, racking up an assist.

The left-winger took to Twitter on Saturday as news broke about his return.

"Had an amazing experience in Phoenix!" he tweeted. "Learned a lot and can't thank everyone enough! So pumped to get back at it with the boys in London!"

The Knights announced on Sunday via Twitter that forward Bo Horvat is also making his way back to London after playing six pre-season games with the Vancouver Canucks. Late last week, Horvat — also a 2013 first-rounder — was rumoured to be on the Canucks' roster for the regular-season opener.

The Knights sent 17 players to NHL clubs. Olli Maatta remains with the Pittsburgh Penguins. Nikita Zadorov signed a three-year entry-level deal with the Buffalo Sabres last week.

Sunday's game was the Knights' first loss of the 2013-14 season.

London goalie Jake Patterson and the Storm's Justin Nichols both faced 25 shots.

The Knights' Brett Welychka opened up scoring, finding the net at 6:28 in the first. Chris Tierney and Kyle Platzer were credited with the team's other goals.

Scott Kosmachuk, Jason Dickinson, Hunter Garlent, Zack Mitchell, Tyler Bertuzzi and Ryan Horvat scored for Guelph.

London travels to Owen Sound on Wednesday for a 7 p.m. start.

METRO

Mustangs muster up a homecoming win

Mustangs linebacker Preston Huggins scores after returning an interception 54 yards for a touchdown. It was the London native's first TD in CIS.
ANGELA MULLINS/METRO

Western toppled the Queen's Gaels 50-31 in front of a homecoming sellout crowd of 12,185 on Saturday at TD Stadium.

Mustangs quarterback Will Finch had another strong game, throwing for 254 yards and two touchdowns. Finch also ran for 114 yards and recorded one rushing touchdown.

The Mustangs remain undefeated with a 6-0 record and sit in first place in the OUA standings while Queen's drops to 4-1 on the season.

After the game, Mustangs head coach Greg Marshall was pleased by his team's winning effort.

"It's hard because the emotion of the game and everything leading up to it, it'll take a while to digest," he said. "But it was a great, great win for our football program."

Leading the Mustangs scorers was Adam Sinclair with both a rushing and receiving touchdown, while running back Yannick Harou — in for the injured Garret Sanvido — had one TD and racked up 153 yards on 28 attempts to lead all rushers.

Queen's quarterback Billy McPhee threw for 332 yards and one touchdown and one interception while running back Ryan Granberg recorded 117 yards and one touchdown on 12 carries.

The Mustangs will travel to Windsor for Saturday's game against the Lancers (4-2) at 1 p.m. METRO

19-year-old defenceman Morgan Rielly appears to have secured a spot on the Leafs' regular-season roster. DAVID COOPER/TORSTAR NEWS SERVICE

Leafs prodigies poised to show up high-priced peers

NHL. Toronto brass making final roster decisions in advance of Tuesday's opener

Morgan Rielly may not be the only young gun poised to start the season with the Maple Leafs.

Carter Ashton also appears destined for opening night, now that the Leafs have adjusted their roster to meet the NHL submission deadline and reduced their payroll to meet the lowered salary-cap ceiling for this season.

Rielly emerged as the big story out of camp — a 19-year-old defenceman who stole the show from veterans like John-Michael Liles and Korbinian Holzer, both of whom were placed on waivers Sunday.

But the Leafs also placed enforcer forward Frazer McLaren on injured reserve (broken finger), which appears to have opened a roster spot for Ashton.

The Leafs also traded centre Joe Colborne to the Flames Saturday night after coming to a crossroads with the big-bodied, likeable Calgary native, who never quite clicked in Toronto.

It all came together during a complicated day of waiver moves, a trade and injury assignments, as the Leafs readied their roster for submission to the NHL by Monday's 5 p.m. deadline. The club is likely to start their campaign with 11 skaters, seven defencemen and two goalies.

The 11 forwards for now are Joffrey Lupul, Tyler Bozak, Phil Kessel, Nazem Kadri, James van Riemsdyk, Nik Kulemin, Dave Bolland, Mason Raymond, Colton Orr, Jay McClement and Ashton.

The club would have started the season with 13 forwards, but McLaren will be off the radar for at least 24 days while on injured reserve, and the suspended David Clarkson will miss the first 10 games of the season.

The seven defencemen include Dion Phaneuf, Carl Gunnarsson, Cody Franson, Mark Fraser, Jake Gardiner, Paul Ranger and Rielly.

TORSTAR NEWS SERVICE

Ready to start

"I think I improved each game.... I got more used to the speed of the game."

Carter Ashton on his pre-season action

NFL

Bills D locks down defending champs

Rookie linebacker Kiko Alonso and the rest of the Bills' defence handed Joe Flacco one of the worst games of his career on Sunday.

Alonso and converted cornerback Aaron Williams each had two interceptions in helping the Bills hang on for a 23-20 win over the Baltimore Ravens.

Alonso's second interception with 57 seconds left sealed the win, when he made a diving catch to intercept a tipped pass intended for Dallas Clark over the middle.

Fred Jackson had 87 yards rushing.

THE ASSOCIATED PRESS

Fred Jackson breaks a tackle. BILL WIPPERT/THE ASSOCIATED PRESS

MLB

Disappointing Jays end season with more questions

Wasted season or expensive experimental test run?

The much-vaunted 2013 Toronto Blue Jays returned to the drawing board after a season rife with underachieving closed Sunday. Questions abound after the dismal campaign.

"We got off to a slow start and obviously it continued the entire year," GM Alex Anthopoulos said.

The season opened April 2 with a home sellout of 48,857 fans at Rogers Centre for a 4-1 loss to Cleveland.

Fast forward to Sunday and only two players — shortstop Jose Reyes and catcher J.P. Arencibia — remained in the starting lineup.

The Jays finished last in the American League East at 74-88, compared to 73-89 last season when they finished fourth in the division. Fan Appreciation weekend closed out with an exciting but failed comeback in a 7-6 loss to the Tampa Bay Rays before a loud crowd of 44,551.

THE CANADIAN PRESS

MLB. Rangers' win vs. L.A. forces extra game to decide second AL wild-card spot

The Texas Rangers forced a one-game tiebreaker for the second AL wild-card spot, winning their seventh in a row Sunday when Geovany Soto hit a tiebreaking RBI double and later homered to beat the Los Angeles Angels 6-2.

The Rangers (91-71) added game No. 163 to the regular season, and will host Tampa Bay on Monday night. The winner plays two days later at wild-card leader Cleveland in another win-or-be-done matchup.

About the same time Tampa Bay wrapped up its 7-6 win at Toronto to necessitate a victory by the Rangers to keep playing, Craig Gentry hit a two-run single in the fifth for a 2-1 lead.

Los Angeles quickly tied the game against major-league strikeout leader Yu Darvish in the sixth, but the Rangers went ahead to stay in the bottom half on Soto's two-out double.

Adrian Beltre and Soto added solo homers in the eighth.

The Angels (78-84) finished with a losing record for only the second time in 10 seasons after being swept in a four-game series at Texas for the first time since June 1978.

Neal Cotts (8-3) replaced Darvish in the sixth and allowed the tying hit, but struck out Howie Kendrick for the inning-ending out with runners on first and third.

Robbie Ross, Tanner Scheppers and Joe Nathan each pitched a scoreless inning after that. THE ASSOCIATED PRESS

Texas Rangers pitcher Yu Darvish TONY GUTIERREZ/THE ASSOCIATED PRESS

Also on Sunday

Cleveland won its 10th in a row versus Minnesota and clinched its first playoff berth since 2007.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Boston	97	65	.599	—
Tampa Bay	91	71	.562	6
Baltimore	85	77	.525	12
New York	85	77	.525	12
Toronto	74	88	.457	23

CENTRAL DIVISION

	W	L	Pct	GB
x-Detroit	93	69	.574	—
y-Cleveland	92	70	.568	1
Kansas City	86	76	.531	7
Minnesota	66	96	.407	27
Chicago	63	99	.389	30

WEST DIVISION

	W	L	Pct	GB
x-Oakland	96	66	.593	—
Texas	91	71	.562	5
Los Angeles	78	84	.481	18
Seattle	71	91	.438	25
Houston	51	111	.315	45

x-clinched division; y-clinched wild card

Sunday's results
Tampa Bay 7 Toronto 6
Baltimore 7 Boston 6
N.Y. Yankees 5 Houston 1 (14 inn.)
Kansas City 4 Chicago White Sox 1
Cleveland 5 Minnesota 1
Texas 6 L.A. Angels 2
Oakland 9 Seattle 0

Saturday's results
Texas 7 L.A. Angels 4
Cleveland 5 Minnesota 1
Toronto 7 Tampa Bay 2
Seattle 7 Oakland 5
Baltimore 6 Boston 5
N.Y. Yankees 2 Houston 1
Chicago White Sox 6 Kansas City 5

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Atlanta	96	66	.593	—
Washington	86	76	.531	10
New York	74	88	.457	22
Philadelphia	73	89	.451	23
Miami	62	100	.383	34

CENTRAL DIVISION

	W	L	Pct	GB
x-St. Louis	97	65	.599	—
y-Pittsburgh	94	68	.580	3
y-Cincinnati	90	72	.556	7
Milwaukee	74	88	.457	23
Chicago	66	96	.407	31

WEST DIVISION

	W	L	Pct	GB
x-Los Angeles	92	70	.568	—
Arizona	81	81	.500	11
San Diego	76	86	.469	16
San Francisco	76	86	.469	16
Colorado	74	88	.457	18

Sunday's results
Miami 1 Detroit 0
N.Y. Mets 3 Milwaukee 2
Pittsburgh 4 Cincinnati 2
Atlanta 12 Philadelphia 5
St. Louis 4 Chicago Cubs 0
San Francisco 7 San Diego 6
Arizona 3 Washington 2
Colorado 2 L.A. Dodgers 1

Saturday's results
Pittsburgh 8 Cincinnati 3
San Diego 9 San Francisco 3
Milwaukee 4 N.Y. Mets 2 (10 inn.)
St. Louis 6 Chicago Cubs 2
Miami 2 Detroit 1 (10 inn.)
Philadelphia 5 Atlanta 4
Washington 2 Arizona 0
Colorado 1 L.A. Dodgers 0

AL WILD CARD TIEBREAKER

Monday's game — All Times Eastern
Tampa Bay (Price 9-8) at Texas (M.Perez 10-5), 8:07 p.m.

WILD CARD GAMES

Tuesday's game
NL: Cincinnati (Cueto 5-2) at Pittsburgh (Liriano 16-8), 8:07 p.m.
Wednesday's game
AL: Tampa Bay-Texas winner at Cleveland, 8:07 p.m.

DIVISION SERIES — BEST OF 5

AMERICAN LEAGUE
Oakland vs. Detroit
Boston vs. Cleveland-Tampa Bay-Texas

NATIONAL LEAGUE
Atlanta vs. Los Angeles
St. Louis vs. Cincinnati-Pittsburgh winner

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	13	10	3	0	408	312	20
B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

Sunday's result
Montreal 17 Saskatchewan 12
Saturday's results
Calgary 35 Hamilton 11
Toronto 34 Edmonton 22

NFL

WEEK 4

Sunday's results
Seattle 23 Houston 20
Kansas City 31 N.Y. Giants 7
Minnesota 34 Pittsburgh 27
Buffalo 23 Baltimore 20
Arizona 13 Tampa Bay 10
Cleveland 17 Cincinnati 6
Indianapolis 37 Jacksonville 3
Detroit 40 Chicago 32
Tennessee 38 N.Y. Jets 13
Denver 52 Philadelphia 20
San Diego 30 Dallas 21
Washington 24 Oakland 14
New England at Atlanta
Monday's game — All Times Eastern
Miami at New Orleans, 8:40 p.m.

MLS

Sunday's results
Portland 1 Los Angeles 0
Columbus at FC Dallas
New York at Seattle
San Jose at Chivas USA
Saturday's results
Toronto FC 4 D.C. United 1
Real Salt Lake 1 Vancouver 0
New England 1 Houston 1
Chicago 2 Montreal 2
Friday's games — All Times Eastern
Chicago at D.C. United, 8 p.m.
Montreal at Houston, 8:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Both at home and at work you will know if others are telling the truth or tell fibs – no way will they fool you. If you do catch someone out in a lie make sure they pay for it.

♉ Taurus
April 21 - May 21
You may be in a trusting mood but don't let your generosity blind you. Some people will happily rip you off if they think they can get away with it. Don't let them..

♊ Gemini
May 22 - June 21
The planets warn you must not push yourself too hard this week, so cut yourself some slack and get some enjoyment from life.

♋ Cancer
June 22 - July 23
Be who you want to be and do what you want to do. That, in a nutshell, is the message of the stars this week and if you follow it you won't go far wrong. You may also earn some extra money.

♌ Leo
July 24 - Aug. 23
Only you know how hard you have strived to reach your current position, so don't let those who are a bit too free and easy with their criticisms get you down. What do they know? Not nearly as much as you.

♍ Virgo
Aug. 24 - Sept. 23
Some kind of offer will come your way this week and if you are smart you will snap it up. You may be shy and retiring by nature but you know a good thing when you see it – and this is first class.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't spend too much on luxury living today. If you do you may be in for a shock a few weeks from now when money is much harder to come by. Is it essential? If not, don't buy it.

♏ Scorpio
Oct. 24 - Nov. 22
Family, friends and colleagues will rally round today to show they are behind you one hundred per cent. Whatever you want you will find a way to get it. More likely though, someone will get it for you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may not be entirely happy with the direction your life is going but there is no need to panic. The tide is turning in your favour, so be happy!

♑ Capricorn
Dec. 22 - Jan. 20
Your confidence is sky high at the moment and you only have to walk down the street to turn heads. Why? Because when you feel great on the inside you look great too.

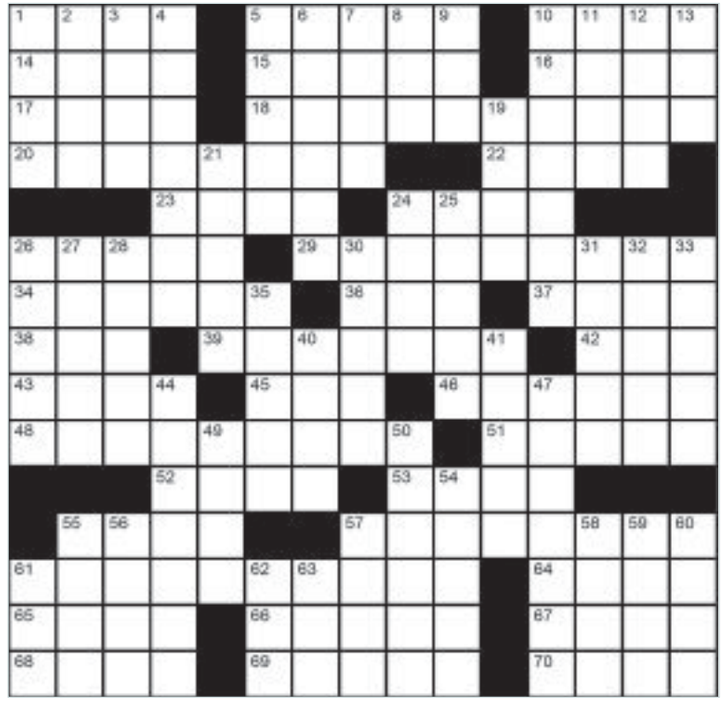
♒ Aquarius
Jan. 21 - Feb. 19
Even if you don't have an idea what is going on around you at the moment act as if you do. Create the illusion that you are in control. It's surprising how easily people are fooled.

♓ Pisces
Feb. 20 - March 20
If you get the chance to travel this week, maybe to a place you have never been before, don't hesitate or hang back. Life is supposed to be an adventure, so be bold and be the one who does something different. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



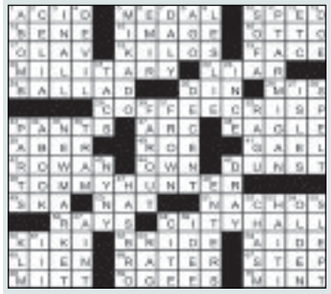
Across

1. Foretoken
5. Light rains
10. Scratch
14. __ passu (Impartially)
15. Really got to or bothered: 2 wds.
16. Chess piece
17. Culture†medium
18. Plastic surgery procedures: 2 wds.
20. Je me __ = I remember (Quebec licence plates slogan)
22. Actor Stephen, and surname sakes
23. "...so long __ __ both shall live?"
24. Scoundrel
26. Line: French
29. Show like "Dragons' Den" in The States: 2 wds.
34. Jerusalem's locale
36. Mr. Roth
37. "Divine Secrets of the __-__ Sisterhood" (2002)
38. Irish coronation stone, __ Fail
39. "__ Mysteries" on CBC
42. Bert Bobbsey's twin
43. 24-hr. bankers
45. Wet dirt
46. Operate
48. British Columbia city
51. Pops
52. Office phone lines, for short
53. Regarding: 2 wds.
55. Spa treatment, mani-__
57. Canadian Charter of Rights and __
61. Group of Seven painter, Franklin __ (b.1890 - d.1945)
64. Milk, in Montreal
65. Actress Jessica
66. Comic strip, For Better or For __
67. French 101 verb
68. Imagine, archaically
69. "Boy __ World" ('90s TV series)
70. Canadian telecommunications firm

Down

1. Pampering places
2. Othello villain
3. Grey, in Germany
4. Grunge greats
5. "Ahoy, __!"
6. Apple songs
7. School terms, for short
8. Scottish hat
9. Particular pen
10. 'C' in SPCA
11. Ricky Martin smash: "Livin' La Vida __"
12. Approves, quick-style
13. Month segments [abbr.]
19. "Star __"
21. "_ __ to recall that..."
24. Gloriole
25. Love Story author Mr. Segal
26. Fragrant scent
27. "...__ __ _ plane?" (Superman-spotting question)
28. Tiny weights
30. Ms. Hopper of Hollywood's heyday gossip
31. Milk, vitamins _ __ _ added
32. Spiral-horned antelope
33. Surnamesakes of Orson Welles' most famous role
35. "Network" (1976) director Sidney
40. Floor coverings
41. Urgency
44. Oprah's longtime love
47. Mr. __ (Soup brand)
49. Nero's 62
50. Most unique
54. Tennis great Monica
55. Pallid
56. Actress, Kathryn __
57. Food assortment
58. Vow
59. Ms. Sorvino
60. Goulash
61. Crow cry
62. Uniquely-spelled mountain basin
63. Flat-bladed tool

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	5	1	3	9	7	2	8	6
8	7	6	1	4	2	9	5	3
3	9	2	6	8	5	7	4	1
6	8	9	5	3	4	1	7	2
5	3	7	2	1	6	8	9	4
1	2	4	8	7	9	3	6	5
7	6	8	4	2	3	5	1	9
9	4	3	7	5	1	6	2	8
2	1	5	9	6	8	4	3	7

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Consumer Choice Award's symbol is considered to be the seal of excellence and helps consumers make better choices. It reduces the amount of research required in order for consumers to make the right decision when selecting a new service provider. Ultimately, we provide an important value to consumers: Our brand is associated with quality and this can help ease the financial burden of their decisions when it comes to purchasing goods and services.

Consumer Choice Award recognizes businesses in over a dozen cities across Canada, and continues to grow each year to better serve the consumer. This winter marks the inaugural year for CCA in London.

Consumer Choice Award has been recognizing and promoting business excellence across Canada since 1987. Ours is a selection process you can trust: Every single one of our winners is selected by actual consumers and not by a panel of judges.

Leger Marketing, the largest independent research company in Canada, conducts a survey to ensure the total integrity of the selection process. A preliminary, open-ended questionnaire is presented to consumers in order to establish the list of businesses selected. Subsequently, a thorough and unbiased survey determines the ranking of all companies and establishes the winners within each industry. Only the top-ranking companies are chosen as winners of the Consumer Choice Award.

On January 24th 2013, some of the city's most outstanding businesses (see listing below) were celebrated at the 1st Annual London Consumer Choice Award Ceremony, held at the Delta Armouries Hotel.

Consumer Choice Award is proud to reveal London's 2013 leading service providers - as chosen by you!

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(519) 660-6271 | www.daveytree.ca

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P.O. Box 2843, Station B
(519) 457-0800 | www.greatlakeslawn.ca

Sparkles Cleaning Services Ltd.
Maid - House Cleaning Services
297 Wellington Road
(519) 434-9685 | www.sparkles.ca

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(519) 438-8192 | www.evanesce.ca

LASIK MD
Laser Vision Correction
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5 - 320 Dundas Street
(519) 963-2222 | (866) 366-2020 | www.lasikmd.com

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(519) 455-2551 | www.northlanddental.com

Smile Dental Centre
Dentistry - Cosmetic
1350 Fanshawe Park Road West, Unit 2
(519) 471-9630 | www.smartsmile.ca

Wortley Wellness Centre
Alternative Medicine
119 Wortley Road
(519) 433-2220 | www.wortleywellness.com

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Dance School
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(519) 657-3262 | www.danceextreme.com

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North American Trade Schools
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847 North Highbury Ave, Bldg. #4
(519) 963-0680 | www.natradeschools.ca

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(519) 453-6400 | www.aluminumassociates.com

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